





STONE VALLEY  
SENIOR LIVING AT EASE

Like Us!  

# THE Stone Valley Lifestyle

MEMORY CARE COMMUNITY

6155 Stone Valley Dr. · Reno, NV 89523 · (775) 746-2200 · [www.stonevalleyassistedliving.com](http://www.stonevalleyassistedliving.com)

## Meet the Team

Executive Director .....	Amanda Jenkins
Memory Care Director .....	Aileene Cargill
Resident Care Director .....	Nicole O'Connell
Director of Sales & Marketing .....	Becka Thompson
Activities Director .....	Deborah Hall
Executive Chef .....	Erick Seevers



## Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother, Daniel, created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared, and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."

## FEBRUARY 2024



## Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.



**FEBRUARY 2024**

**Residents & Staff Birthdays**

**12th**~Guy T. & Cassie J.  
**13th**~Will W. **19th**~Sandra D.

**Location Key**

DR Dining Room  
PD Private Dining Room  
ML Main Living Room  
CC Community Courtyard  
C Community  
AR Activity Room  
BL Back Living Room

**Little Lovebirds**

A sweet nickname for a romantic couple, lovebirds also refer to several species of small parrots. These "tweetharts" are known for their strong bond, and like humans, the birds pucker up to give each other affectionate pecks. The most familiar species is the peach-faced lovebird, which is a common pet.

**A Little Laugh**

Q: What do you call the world's smallest Valentine's Day card?  
A: A valen-tiny.

**"Connecting our hearts through love yields a nectar so sweet we are forever full."**  
—Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 9:00 <b>AR</b> Strength Fitness <b>††</b> 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Morning Hymns 1:00 <b>BL</b> Spiritual Elder Care <b>▲</b> 2:30 <b>DR</b> Hot Cocoa & Snack 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> TCM Movies 	5 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Tea Party & Fellowship 11:00 <b>PD</b> Craft Corner 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Musical Movie 	6 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>BL</b> Catholic Communion <b>†</b> 10:30 <b>BL</b> Chair Yoga <b>††</b> 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Travel Documentary 	7 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>BL</b> Parachute Ball 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Western Movies 	8 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Craft Corner 1:00 <b>AR</b> Pretty Nails 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Family Favorites 	9 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Spiritual with Toni 10:30 <b>BL</b> Chair Yoga <b>††</b> 11:00 <b>BL</b> Parachute Ball 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun	10 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Watercolor 1:00 <b>BL</b> Weight & Stretch Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Viewer's Choice 
11 9:00 <b>AR</b> Strength Fitness <b>††</b> 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Morning Hymns 1:00 <b>BL</b> Spiritual Elder Care <b>▲</b> 2:30 <b>DR</b> Hot Cocoa & Snack 3:30 <b>BL</b> Super Bowl Party 6:00 <b>ML</b> TCM Movies 	12 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Tea Party & Fellowship 11:00 <b>PD</b> Craft Corner 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Musical Movie 	13 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>BL</b> Catholic Communion <b>†</b> 10:15 <b>PD</b> Resident & Family Council 10:30 <b>BL</b> Chair Yoga <b>††</b> 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Travel Documentary 	14 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>BL</b> Parachute Ball 12:00 <b>DR</b> Valentine's Luncheon/Music by Tahoe Strings 2:00 <b>DR</b> ECCS-Music 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Western Movies 	15 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Craft Corner 1:00 <b>AR</b> Pretty Nails 2:00 <b>DR</b> Jim Buehler Music 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Family Favorites 	16 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Spiritual with Toni 10:30 <b>BL</b> Chair Yoga <b>††</b> 11:00 <b>BL</b> Parachute Ball 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun	17 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Watercolor 1:00 <b>BL</b> Weight & Stretch Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Viewer's Choice 
18 9:00 <b>AR</b> Strength Fitness <b>††</b> 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Morning Hymns 1:00 <b>BL</b> Spiritual Elder Care <b>▲</b> 2:30 <b>DR</b> Hot Cocoa & Snack 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> TCM Movies 	19 <b>Presidents Day</b> 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Tea Party & Fellowship 11:00 <b>PD</b> Craft Corner 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Musical Movie 	20 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>BL</b> Catholic Communion <b>†</b> 10:30 <b>BL</b> Chair Yoga <b>††</b> 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Travel Documentary 	21 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>BL</b> Parachute Ball 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Western Movies 	22 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Craft Corner 1:00 <b>AR</b> Pretty Nails 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Family Favorites 	23 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Spiritual with Toni 10:30 <b>BL</b> Chair Yoga <b>††</b> 11:00 <b>BL</b> Parachute Ball 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun	24 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Watercolor 1:00 <b>BL</b> Weight & Stretch Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Viewer's Choice 
25 9:00 <b>AR</b> Strength Fitness <b>††</b> 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Morning Hymns 1:00 <b>BL</b> Spiritual Elder Care <b>▲</b> 2:30 <b>DR</b> Hot Cocoa & Snack 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> TCM Movies 	26 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Tea Party & Fellowship 11:00 <b>PD</b> Craft Corner 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Musical Movie 	27 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 10:00 <b>BL</b> Catholic Communion <b>†</b> 10:30 <b>BL</b> Chair Yoga <b>††</b> 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Travel Documentary 	28 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>BL</b> Parachute Ball 2:00 <b>BL</b> Drumming Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Western Movies 	29 9:00 <b>PD</b> Coffee & Chronicles 9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Craft Corner 1:00 <b>AR</b> Pretty Nails 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> Family Favorites 		

# Happy Groundhog Day!

Every Feb. 2, we look to one of nature's critters to answer an important question: How long until spring arrives?

The tradition behind the holiday we know as Groundhog Day is actually several hundred years old. In Europe, people would gather for a festival marking the halfway point of winter. If it was a cloudy day, they predicted that spring would arrive soon. But if the sun was out, they believed many more weeks of cold weather were still to come.

Eventually, folks in Germany added their own spin to the legend, saying that burrowing animals like badgers and hedgehogs could predict the weather. If these critters emerged from underground during the midwinter festival and saw their shadow, then they would be spooked back into their homes, signaling that it was a long wait to spring.

When German immigrants settled in North America, they brought this seasonal celebration with them, changing the tradition to include a groundhog, which was more common in their new country.

Whether the groundhog sees his shadow or not, Groundhog Day is a fun holiday to celebrate! Here are some fun facts about groundhogs to share with your family and friends.

- Groundhogs are also called woodchucks and whistle-pigs.
- They're members of the squirrel family, which also includes chipmunks and prairie dogs.
- They live throughout the U.S. and Canada.
- Their burrows can be up to 50 feet long, and about 5 feet deep.
- Groundhogs hibernate from October to March, but of course they sneak a peek outside on Groundhog Day!

# Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

*Germany.* Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

*South Korea.* Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

*Mexico.* The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

*South Africa.* The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

*Peru.* Orchids are the flower of choice for valentines here, since they are native to this South American nation.

*Philippines.* Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

*Wales.* The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen's Day, and couples often exchange decorative wooden "love spoons," utensils that are ornately carved with symbols of affection.



# A Presidential Month

Two of America's most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.



# Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.